



# Family and MWR Bulletin Board June 2012

## To Do List

1. [Get CYSS info on FCC providers, NAC-CRAA, Childcare etc.](#)
2. Keep my children safe from [online predators!](#)
3. Buy analgesic balm for use after the [Run for the Fallen](#)



**Saturday, 9 June**  
5K run or 1.6 mile walk  
Call the PRFTA Fitness Center at  
(925) 875-4392 to register (it's FREE!)  
[Click here for more info](#)

Have you got a skill or talent you want to share with kids?  
Sign up to be a CYSS [SKIES](#) instructor or [Family Childcare \(FCC\) Provider](#)

**Online Safety**  
– A Class for Parents  
5 and 21 June 2012



[Click here](#)  
[For more info](#)



Spouses, Veterans, Guard, Reservists:  
Need a new career?  
**Employment Readiness Workshops**  
14 and 28 June  
[More info](#)

**CYSS Summer Camp**  
Session I: 18—22 June



[Click here](#)  
[For more info](#)

PRFTA Family and MWR now has [our own facebook page](#) up and running. Get all the latest info on events and activities right here:



And don't forget to "like" us!

Send us an email:  
[Pao.parks@us.army.mil](mailto:Pao.parks@us.army.mil)

## Recreation Center Calendar

1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28

[Click Here for Details!](#)

## Fitness Center Calendar

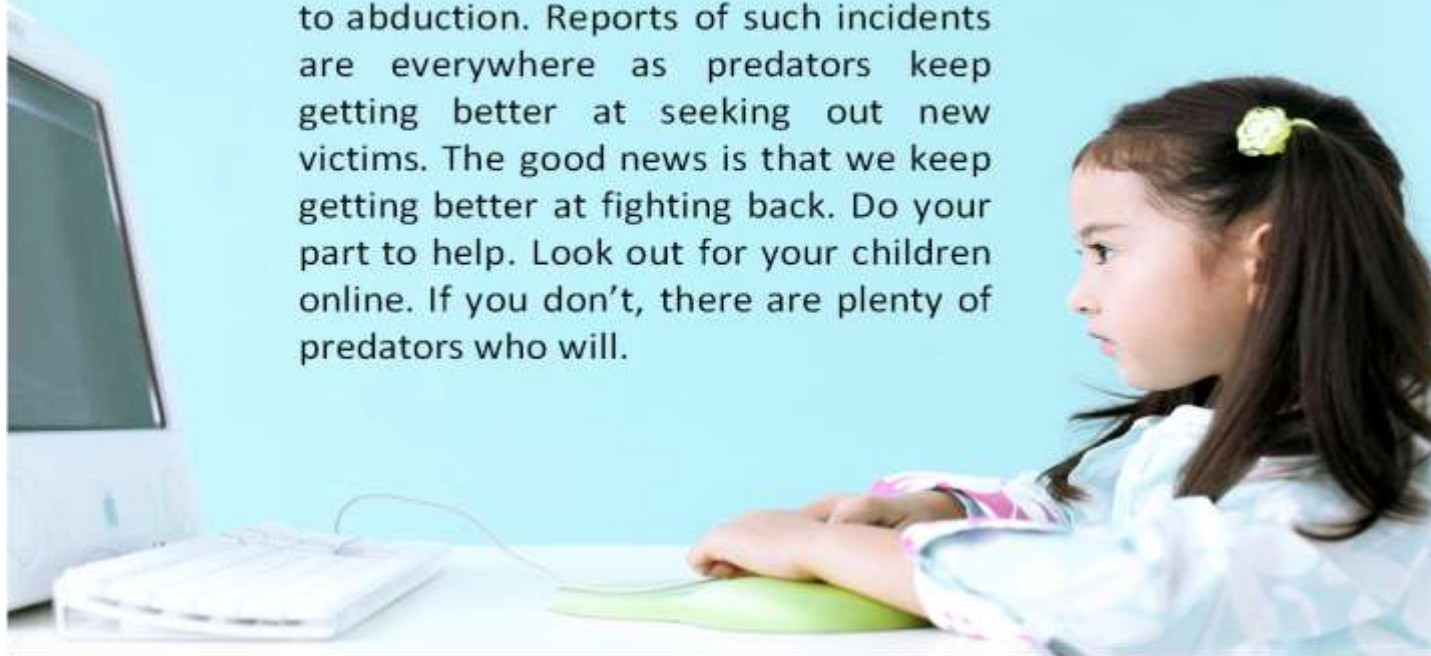
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28

[Click Here for Details!](#)



# LAST YEAR, 705 KIDS WERE ABDUCTED BY A MOUSE

A SIMPLE CLICK IS ALL IT TAKES to give a child molester internet access to your children – access that can actually lead to abduction. Reports of such incidents are everywhere as predators keep getting better at seeking out new victims. The good news is that we keep getting better at fighting back. Do your part to help. Look out for your children online. If you don't, there are plenty of predators who will.



## Online Safety – A Class for Parents

5 and 21 June 2012

1130 - 1230

In the ACS conference room (Corner of 9<sup>th</sup> and Davis) on Parks RFTA



Provided by the PRFTA Family Advocacy Program  
Call (925) 875-4422 for more information



For more info on any Army Community Service Class please call (925) 875-4678/4422

## Reservists, Guard, Military Spouses & Veterans

Do you want a Road Map for your job search?

Do you want to present yourself in a way that gets the  
employers' attention?

Do you want to get yourself into a career that  
satisfies you?



Employment  
Readiness  
Workshops

14 and 28 June 2012

1130 – 1230

ACS conference room

Bldg 312, corner of 9<sup>th</sup> and Davis



Provided by PRFTA Army Community Service  
Call (925) 875- 4678 for more information  
Or just drop into the class





# Looking for Quality, Affordable Childcare?

Child, Youth & School Services (CYSS) has what you need with Family Child Care (FCC).



## FCC is an option of choice for many families:

- ♦ It is conveniently located in the neighborhood.
- ♦ Providers undergo rigorous training and background checks.
- ♦ It is more than babysitting! Providers follow a curriculum that offers a wide variety of developmental activities geared towards the child's individual needs.
- ♦ The FCC home ratio group is small with no more than six children in care.
- ♦ Providers hours are more flexible.

Call CYSS (925) 875-4287 for more info.



Childcare subsidies for Military Families.

[Click to find out more information.](#)



More info on CYSS, SKIES and FCC programs on next page





CYSS' Family Child Care Program is Recruiting:

# School-Age Providers

To provide before and after-school care to youth in a  
**School-Age Family Child Care Home.**



## Benefits:

- Earn income while staying at home.
- Morning and evening work hours leaves the middle of the day free.
- All necessary training is provided by CYSS free of charge.
- Multiple opportunities for professional growth.

**Call (925)875-4388 for more information.**

**SKIES Unlimited**  
Schools of Knowledge, Inspiration, Exploration & Skills

# INSTRUCTORS NEEDED

Do you have a talent you would like to share with the youth of our community?

**Become a SKIES Instructor today!!**

Contact CYSS  
(925) 875-4388

For more info.

Make your own schedule!

Bring your kids to work!

MWR  
U.S. Army Child, Youth & School Services







# Parks RFTA Run for the Fallen

Saturday, 9 JUNE



The patriot's blood is the  
seed of Freedom's tree.

~Thomas Campbell

This year Parks Reserve Forces Training Area kicks off the Army Birthday month with a 5K run and 3K walk honoring all Service Members who have been killed or injured in armed conflict.

Run for the Fallen began a collective of runners whose mission was clear and simple: To run one mile for every American service member killed in Iraq.

On June 14, 2008, they ran across America to raise awareness about the lives of those who fought, to activate their memories

and keep their spirits alive, to support organizations that help wounded veterans and the families of those killed (Wounded Warrior Project, Yellow Ribbon Fund, HUGSS (Helping Unite Gold Star Survivors), and the 1st Lt. Michael J. Cleary Memorial Fund), and to aid the healing process for those Americans whose lives have been affected by the war. They refuse any political affiliation or agenda, but simply honor those who have fought, and those who have fallen under the American flag.



**Call the PRFTA Fitness Center at (925) 875-4392 to register!**







# CYSS

## School-Age SUMMER CAMPS

Ages 5-11

# 2012

\$40-80 per week

Depending on income  
Includes all supplies and snacks.

Week 1:

18-22 June 0800-1200

Character Counts!

Kids will explore and practice the 6 pillars of good character that include Trustworthiness, Respect, Responsibility, Fairness, Caring and Citizenship through fun games, activities, and crafts.

Week 2:

23-27 July  
0800-1200

Digital Arts

Participants will learn the skills and art of photography, film, and editing and will create their own work of art utilizing these skills.

Week 3:

30 Jul -3 Aug  
0800-1200

Sports Camp

Campers will learn about and practice a new sport daily.

**To sign-up and for more information call: 925-875-4388**

Middle School  
and Teenagers

# BORED?

Have some fun this Summer with **CYSS!**

<p>26 &amp; 27 Jun: 4-H Babysitting Course MWR Recreation Center 1300-1600</p>	FREE!	<p>These courses will certify you as a babysitter and with parent permission will make you eligible to be on the CYSS Babysitters List distributed to parents from the CYSS office.</p>
<p>19 Jul: Shadow Cliff's Park 0930-1500 Pleasanton Pick-up at Pinnacle Clubhouse 0930</p>	FREE!	<p>A sandwich lunch will be provided by CYSS. This is a regional swimming area so please remember your swim and sun gear. Water shoes are recommended.</p>
<p>16 Aug: Great America 0930-1500 Santa Clara, CA Pick-up at Pinnacle Clubhouse</p>	<p style="font-size: 1.5em; font-weight: bold; color: red;">\$37</p> <p style="font-size: 0.8em; color: red;">Admission and Lunch</p>	<p>California's Great America Theme Park. \$37 admission price will cover park entry and a \$10 lunch voucher. Please remember your sun screen!</p>

**TEEN TIME** @ the MWR Recreation Center **EVERY TUESDAY** 1300-1500. 25 June-21 August



Registration Required for all activities. Please call CYSS (925)875-4388 for more information.





## WELCOME

PRFTA lodging is the only military lodging operation in the Bay Area, and is available for service personnel, their guests or dependents, retirees, civilian employees on TDY orders, and other authorized DoD travelers.

## GUESTS

We are dedicated to our customers. We're here to serve you and make your visit with us an enjoyable and convenient stay. Guests receive maps of the installation and local community, a list of local places of worship, doctors, dentists, and other essential services.

## AMENITIES

Air conditioning, heating unit, satellite TV, DVD player(upon request), telephone with free local calls, internet access, housekeeping services, toiletries, refrigerator, microwave, laundry facilities, in-room complimentary coffee, hair dryer(in Bldg. 1150 only), iron and ironing board, and much more.

## SORRY, NO PETS

**Reservations can be faxed or by phone.**

1151 12th Street

Dublin, CA 94568

**Reservation:** (925)803-5326

**Fax:** (925)803-5444

**Toll Free:** (866)649-8925



## ROOM RATES

- **\$62.00** King-size with private bath
- **\$51.00** Queen-size with private bath
- **\$51.00** Queen-size twin with private bath
- **\$62.00** Two-room suite with private bath and living room
- **\$33.00** Queen-size with shared bath (for single occupancies only)

*\*Kitchenettes, cribs, and roll-away beds are available upon request.*

## PRFTA Lodging

1151 12th Street

Dublin, CA 94568

**Reservation:** (925)803-5326

**Fax:** (925)803-5444





Family and MWR  
Recreation Center B521 Mitchell  
(925) 829-1912  
Hours of operation  
Sunday-Thursday 1100 - 2100  
Friday & Saturday 1100 - 2300

### JUST A FEW OF THE THINGS WE OFFER!!

- Internet/WIFI Access
- Equipment Rentals
- Facility Rentals
- RV Storage Space Rentals
- Bicycle and DVD Rentals
- Discounted Movie Ticket Sales
- Big screen TV's with Cable television
- Arcade with numerous games
- Ping Pong, Billiards, Library Area
- NBL Televised Games
- Free Comedy Club Tickets
- Facility Rentals

Parks Family and MWR  
Recreation Center

Friendly Staff:  
Audrey Millar  
Colleen Jozaitis

For more info contact :

Family and MWR Recreation  
(925) 875-4387 Office



# JUNE 2012 Family and MWR Recreation Center Calendar



Sun	Mon	Tue	Wed	Thu	Fri	Sat
	Looking to store your RV, or Boat? Spots available!! Low prices	Looking for a place to host a party? Unit function? Use our facility! Ask us about rates	FREE WI-FI 	DON'T MISS THE SUMMER BLOCK-BUSTERS - GET YOUR DISCOUNT MOVIE TICKETS HERE!!	<b>M</b> <sup>1</sup>	<b>NATIONAL TRAILS DAY</b> <sup>2</sup> 
<sup>3</sup> <b>NATIONAL CANCER SURVIVOR'S DAY</b>	<sup>4</sup> <b>\$5.00 Bike Rentals</b> 	<sup>5</sup> Free Tickets to Tommy T's Comedy Club  Just Minutes away from Base.	<sup>6</sup> Free Tickets to Tommy T's Comedy Club  Just Minutes away from Base.	<sup>7</sup> <b>POOL TOURNAMENT NIGHT</b> 	<b>Movie</b> <sup>8</sup>	<sup>9</sup> <b>PPV Pacquiao vs. Bradley 1800</b>
<sup>10</sup> <b>U.S. OPEN IN SAN FRANCISCO</b>	<sup>11</sup> <b>3 DVD's for \$1.00 All day long</b>	<sup>12</sup> Free Tickets to Tommy T's Comedy Club  Just Minutes away from Base	<sup>13</sup> Free Tickets to Tommy T's Comedy Club  Just Minutes away from Base	<sup>14</sup> <b>U.S. ARMY 237th BIRTHDAY</b> 	<b>N</b> <sup>15</sup>	<sup>16</sup> <b>HBO JULIO CESAR CHAVEZ JR. VS. ANDY LEE 1900</b>
<sup>17</sup> <b>FATHER'S DAY</b> 	<sup>18</sup> <b>National Sushi Day</b> 	<sup>19</sup> Free Tickets to Tommy T's Comedy Club  Just Minutes away from Base	<sup>20</sup> Free Tickets to Tommy T's Comedy Club  Just Minutes away from Base	<sup>21</sup> <b>Wii CHALLENGE</b>	<b>n</b> <sup>22</sup>	<sup>23</sup> <b>JELLY BELLY FACTORY TRIP</b> 
<sup>24</sup> <b>National Take Your Dog to Work Day</b>	<sup>25</sup> <b>Sport Equipment Rentals</b>	<sup>26</sup> Free Tickets to Tommy T's Comedy Club every Tues. & Wed.	<sup>27</sup> Free Tickets to Tommy T's Comedy Club every Tues. & Wed.	<sup>28</sup> <b>GAME NIGHT</b> 	<b>ights</b> <sup>29</sup>	<sup>30</sup> <b>TEXAS HOLD EM 1800</b>







# PRFTA Family & MWR Fitness Center BLD#303, Activities Calendar *JUNE* 2012

**Fitness Center  
B303**  
**Hours of Operation**  
**Monday through Thursday**  
**0500-2000**  
**Friday**  
**0500-1800**  
**Saturday/Sunday**

## \*\*\*NEW FY2010 EQUIPMENT\*\*\*

- SPIN BIKES
- Treadmills
- Bike Trainers
- Precor Cross Ramps
- Summit Trainers
- Hammer Strength Stations
- Tuff Stuff
- Life Fitness Universal Gym
- Life Fitness Cable Crossover
- Free Weights-plates, benches, bars & dumbbells
- Boxing bag & gloves

## FITNESS STAFF

**KEVIN McKENNA**  
Manager  
**LORRAINE THORSON**  
Assistant Manager  
**STEPHANO MARTINEZ**  
Rec. Aid  
**COLLEEN JOZAITIS**  
Rec. Aid  
**CHRISTOPHER PAHLA**

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<b>Call</b> <a href="tel:(925)875-4392">(925)875-4392</a> <b>To</b> <b>Registure</b>	<b>THE</b>  <b>—</b> <b>THE</b>	<b>RUN</b>  <b>—</b> <b>RUN</b>	<b>FOR</b> <b>THE</b> <b>— —</b>	<b>FALLEN</b>  <b>—</b> <b>FALLEN</b>	<b>1</b> <b>Free Blood</b> <b>Pressure</b> <b>&amp;</b> <b>Body Fat</b> <b>Assessment</b>	<b>2</b> <b>SPIN CLASSES!!!</b>  <b>0800-0900</b> <b>&amp;</b> <b>0915-1015</b>
<b>3</b> <b>Open</b> <b>0530-1400</b> <b>NATIONAL</b> <b>CANCER</b> <b>SURVIVORS</b> <b>DAY</b>	<b>4</b> <b>INSTRUCTOR</b> <b>Spin Class</b> <b>1700-1800</b>	<b>5</b> <b>INSTRUCTOR</b> <b>INTERVAL</b> <b>TRAINING</b> <b>@1130</b>	<b>6</b> <b>INSTRUCTOR</b> <b>Spin Class</b> <b>1700-1800</b>	<b>7</b> <b>AERO-STEP-N-</b> <b>SCULPT</b> <b>@1130</b> <b>Martial Arts Class</b> <b>TH 1800-2000</b>	<b>8</b> <b>Free Blood</b> <b>Pressure</b> <b>&amp;</b> <b>Body Fat</b> <b>Assessment</b>	<b>9</b> 
<b>10</b>  <b>Open</b> <b>0530-1400</b>	<b>11</b> <b>INSTRUCTOR</b> <b>Spin Class</b> <b>1700-1800</b>	<b>12</b> <b>INSTRUCTOR</b> <b>INTERVAL</b> <b>TRAINING</b> <b>@1130</b>	<b>13</b> <b>INSTRUCTOR</b> <b>Spin Class</b> <b>1700-1800</b>	<b>14</b> <b>AERO-STEP-N-</b> <b>SCULPT</b> <b>@1130</b> <b>Martial Arts Class</b> <b>TH 1800-2000</b> <b>ARMY BIRTH-</b> <b>DAY!!!</b>	<b>15</b> <b>Free Blood</b> <b>Pressure</b> <b>&amp;</b> <b>Body Fat</b> <b>Assessment</b>	<b>16</b> <b>SPIN CLASSES!!!</b>  <b>0800-0900</b> <b>&amp;</b> <b>0915-1015</b>
<b>17</b> <b>Open</b> <b>0530-1400</b>  <b>FATHERS DAY</b>	<b>18</b> <b>INSTRUCTOR</b> <b>Spin Class</b> <b>1700-1800</b>	<b>19</b> <b>INSTRUCTOR</b> <b>INTERVAL</b> <b>TRAINING</b> <b>@1130</b>	<b>20</b> <b>SUMMER</b> <b>BEGINS</b>  <b>INSTRUCTOR</b> <b>Spin Class</b>	<b>21</b> <b>AERO-STEP-N-</b> <b>SCULPT</b> <b>@1130</b> <b>Martial Arts Class</b> <b>TH 1800-2000</b>	<b>22</b> <b>Free Blood</b> <b>Pressure</b> <b>&amp;</b> <b>Body Fat</b> <b>Assessment</b>	<b>23</b> <b>SPIN CLASSES!!!</b>  <b>0800-0900</b> <b>&amp;</b> <b>0915-1015</b>
<b>24</b>  <b>Open</b> <b>0530-1400</b>	<b>25</b> <b>INSTRUCTOR</b> <b>Spin Class</b> <b>1700-1800</b>	<b>26</b> <b>INSTRUCTOR</b> <b>INTERVAL</b> <b>TRAINING</b> <b>@1130</b>	<b>27</b> <b>INSTRUCTOR</b> <b>Spin Class</b> <b>1700-1800</b>	<b>28</b> <b>AERO-STEP-N-</b> <b>SCULPT</b> <b>@1130</b> <b>Martial Arts Class</b> <b>TH 1800-2000</b>	<b>29</b> <b>Free Blood</b> <b>Pressure</b> <b>&amp;</b> <b>Body Fat</b> <b>Assessment</b>	<b>30</b> <b>SPIN CLASSES!!!</b>  <b>0800-0900</b> <b>&amp;</b> <b>0915-1015</b>

